

## Daily Log for Mindfulness and Meditation

Daily Log Mindfulness Exercises for the Week \_\_\_\_\_

	Mindfulness Exercise	Minutes of Practice	I'm Grateful For...
Monday			1. 2. 3.
Tuesday			1. 2. 3.
Wednesday			1. 2. 3.
Thursday			1. 2. 3.
Friday			1. 2. 3.
Saturday			1. 2. 3.
Sunday			1. 2. 3.